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Seeing yourself in your work...

photo by Master Sgt. Val Gempis

Airman 1st Class Mark Blanchette from the 374th Maintenance Squadron, Structural Maintenance Element, uses a three-foot brake to bend a piece of aluminum while forming a repair piece to be installed on a cracked C-130 aircraft wing leading edge rib. Yokota's structural element is responsible for the structural repair and corrosion/prevention treatment of the 374th Air Wing's C-130 and C-9 aircraft, as well as the C-130 aircraft from Kadena Air Base, Japan. For more structural maintenance element photos see page 7.

News Shorts

Power outage

All facilities east of Walker Blvd. will experience a power outage from midnight June 24 to 4 a.m. June 25. In addition, the Dental Clinic, Fire Station #3, Base Theater, Child Development Center, Youth Center, Fields, Towers 1561, 1562, and 1563 will be without power during this outage.

This power outage is necessary to replace the main electric meter and the voltage current transformer at the East Substation by Tokyo Electric Company. The replacement is required by Japanese law.

The interruption of your service will affect items in your home such as air conditioning, electric clocks, cordless phones, FAX/answering machines, VCRs, PCs, aquariums etc. People can help by unplugging or turning off these items. Otherwise, when power is restored, all your appliances can possibly overload the circuits. Remember to turn on your appliances one at a time.

Tower residents should note that the power outage will also affect the elevators. Approximately 30-minutes prior, CE personnel will manually shut down the elevators and put them back in service after the outage. Temporary lights will be installed in staircases and common areas on each floor.

For more information Mr. Kengo Urao, Mr. Dennis Chen, or Mr. Paul Kuehn at 225-7283/8442/7386.

PACAF awards

Congratulations to the following individuals and units for their accomplishments.

Senior Master Sgt. Ross Mangus, 1999 PACAF Transportation Senior Noncommissioned Officer of the Year; Capt. Jack Burke, Company Grade Officer Nurse of the Year; Master Sgt. Albert Ambat, Brig. Gen. Sarah P. Wells Senior NCO of the Year; Master Sgt. Justin Bodden, Pharmacy Technician Senior NCO of the Year; Tech. Sgt. Carlo Filoteo, Diet Therapy NCO of the Year; Staff Sgt. Christian Carawan, Pharmacy Technician of the Year; Senior Airman Amanda Hughes, Medical Information Systems Airman of the Year; and Senior Airman Louella Sickels, Outstanding Health Services Airman of the Year.

The 374th Medical Group, 1999 PACAF Medical Information Systems Team of the Year.

The 374th Services Division, PACAF Services Program or Flight Award Winner 2000 for the Best Community Center.

Three in one

June's triple-header includes UCI, ASEV, NAOC

By Staff Sgt. Alan S. Williams

Chief of Internal Information

Over the course of the next two weeks the 374th Airlift Wing will be tested, tested, and tested again.

While the Unit Compliance Inspection begins Monday, there are two other evaluations on the horizon as well. The Aircrew Standardization and Evaluation Visit and an evaluation of the wing's support for the National Airborne Operations Center.

The ASEV is scheduled to begin in conjunction with UCI and will continue until the outbrief June 16. While, the NAOC Supportability Inspection won't begin un-

til June 9 and concludes the following day.

Monday starts the measurement of the wing's ability to comply with guidance from higher headquarters in all of its functional areas as the UCI commences.

The UCI will incorporate a Major Accident Response Exercise that everyone should be prepared for — wing staff agencies, groups, squadrons, tenant organizations and dependents as well. So be patient and watch out for those cordons. Responding as if the scenarios are real and with a sense of urgency are key to this element of the UCI.

As the ASEV takes flight, inspectors will take a scrutinizing look at how the wing's aircrews and maintainers meet the terms of governing flying regulations in the course their duties. But flying and maintenance units won't be the only ones evaluated. ASEV inspectors will look at how the

logistics, support, and medical groups as well as the wing staff agencies' support for air operations here.

Then there's the two-day NAOC, which ensures Yokota is prepared to support the NAOC in case of its deployment to this theater. An inspection of this sort hasn't occurred here since 1989.

Support for the NAOC includes billeting arrangements for the crew, messing, security for the aircraft, special communications equipment and a myriad of other requirements.

"We are extremely well prepared for all three of these," said Col. Mark Zamzow, 374th Airlift Wing commander.

"The inspections and evaluation are great opportunities for us to brag, show off and demonstrate to the IG (Inspector General) that Team Yokota has outstanding people and processes in place to perform our mission."

A history lesson with a twist

YOKOTA AIR BASE, Japan — Recently, two sixth grade classes at Yokota West Elementary School received a unique Japanese history lesson. Five teachers and three students from Tachikawa Junior High School visited these classes to give a Japanese history lesson May 22. The twist to this seemingly ordinary event was that the Japanese students taught the lessons completely in English.

During the visit, arranged by the 374th Airlift Wing History Office, the three Japanese students introduced the sixth graders to the traditional Japanese classroom opening by teaching them the kio-tsuke rei greeting. The six graders then participated in the opening with the Japanese teachers.

Following a brief introduction by the Japanese participants, the Japanese teachers talked to the students about the Samurai period, Japanese history and the lives of the various social classes — all in English. This was followed by a question and answer period from the students.

The afternoon's lesson ended with the students learning to make oragami samurai helmets from newspapers and trying on a kimono, cardboard armor and katana as well as viewing various historical artifacts and a layout of Himeji Castle.

The students and visitors were very happy with the exchange and hoped that it would continue in the future.



courtesy photo

Chin Sha demonstrates how to make samurai helmets using an oragami technique for sixth grade students at Yokota West Elementary School.

May began the mosquito invasion

By Maj. Douglas Burkett

311th HSW Kadena Air Base, Japan

Few insects have more associated folklore and urban legends than the lowly mosquito. Believe it or not, around 50 different species of mosquitoes inhabit mainland Japan, roughly a third of those bite humans and fewer than 10 are capable of transmitting the agents that cause human disease.

Although at times they can become a serious annoyance, no locally acquired mosquito-borne diseases have been reported in the area surrounding Yokota since the 1950's.

Local mosquitoes generally seek blood meals two hours prior to sunset through dawn. Daytime biting will occur if when one enters their resting habitat. Help Yokota maintain a low level of mosquito activity by eliminating potential breeding areas.

Here are some preventative actions to take:

—Clean-up the area. Avoid breeding vicious Asian Tiger mosquitoes in the neigh-

borhood/workplace by removing, cleaning, repairing, covering or inverting any potential water-holding objects including plugged gutters, leaky faucets, flower pots, toys, wading pools, cans, bottles, tires and other rubbish lying around.

—Call the Public Health Flight at 225-4360 or the 374th Civil Engineer Squadron's Pest Management Section at 225-9619 if you are plagued by large numbers of mosquitoes (or other flies); or have water-holding areas/slow moving ditches near one's workplace or housing area.

Passions run amok and individuals will fervently defend their positions on the effectiveness of various "home remedy" mosquito repellents and control devices. Here are a few facts and recommendations to help one sort out much of the conflicting information and keep their loved ones "bite free" this summer.

—Mosquitoes are less attracted to light colored clothing than dark. Minimize bites by wearing loose fitting, long sleeved shirt,

pants and socks.

—In general, sweaty people are more attractive. Adults are tastier than children, and men are preferred over women.

—Use DEET-based repellents on skin and clothes per label directions. Repellents with 15 to 40 percent DEET provide the best and longest protection for adults. Use products with less than 10 percent on kids. Skip the sprays on infants; use netting over the stroller instead. Careful during application, as DEET repellents can "melt" plastics (for example watches, glasses, etc.). Allergic reactions are rare.

—Plant-based, store-bought repellents (for example citronella oil, lemongrass, eucalyptus, etc.) can provide short-term protection (30 minutes versus several hours), but are not as effective or long lasting as DEET-based products.

—Citronella plants, geraniums and marigolds may be nice garden ornaments, but they do not keep the mosquitoes away.

—Bug-zappers and electronic repelling devices are worthless mosquito controllers. Bug-zappers actually attract more mosquitoes into your yard than they kill. Bug-zappers kill mostly beneficial insects.

—Using mosquito coils, citronella candles and oils can be effective for a very small area, a three to five foot radius, but will not protect your ankles. These products will provide more protection than just candles alone.

—While it is true that individuals may vary in their attractiveness to mosquitoes, what one eats or drinks has little to do with mosquito attraction/repellency. Despite passionate repellency testimonials to the contrary, the classic "I heard, I read, I tried, I used, I bet, I drank, I ate" methods have not passed the rigors of scientific scrutiny.

If you have a nuisance mosquito (or other insect problem), breeding sources in your area or desire additional information, don't hesitate to call Public Health or Pest Management.

Advertisement

Memorial Day remembrance...



photo by Senior Airman Matt Miller

A member of the local Veterans of Foreign Wars chapter 9555 salutes the John F. Kennedy memorial after placing flowers during a Memorial Day ceremony Monday. The ceremony to observe those who have given the ultimate sacrifice in the line of duty was held by the VFW chapter 9555, the Yokota Boy Scouts Troop 49, the Yokota Girl Scouts and the Yokota High School Junior Reserve Officer Training Corps.

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Candy bomber makes Yokota run

By Capt. Brian Polser
36th Airlift Squadron

Every now and then, while reading some piece of Air Force history, I come across a story that warms my heart and makes me proud of not only my Air Force heritage, but also my association with the airlift community. The following excerpt from Lt. Gen. William Tunner's book, *Over The Hump*, details such a story. Tunner describes the birth of "Operation Little Vittles," the brainchild of a pilot who went out of his way to bring a little happiness to the children of Berlin during the blockade of that city. Here's his story:

One of our most delightful cargoes was encompassed by a name of its own, "Operation Little Vittles." It began when one of our pilots, 1st Lt. Gail Halvorsen, made an off-duty trip to Berlin to stroll through the city and see what was going on. This was somewhat unusual, incidentally; for most pilots Berlin was simply the turn-around point.

Halvorsen had long been used to attracting crowds of kids. It had begun back in his home town of Garland, Utah, where he taught the small fry of the community to ice skate and play hockey. As a pilot with the Ferrying Command, he got plenty of chances to talk to children in Africa, Brazil, and points east and west. Halvorsen didn't smoke or drink, but he liked candy and

gum, and his pockets were always full of it. Somehow the kids all seemed to know.

It wasn't long, strolling through Berlin, before Halvorsen had a crowd around him. Although Halvorsen's German was about as good as their English, a little sign language helped, and he and the crowd of children talked together for an hour or more, mostly about piloting the big C-54 which brought food to Berlin.

Halvorsen realized what was different between these children and the others who had surrounded him in so many communities over the world: These kids hadn't asked him for a single solitary thing. It wasn't that they weren't hungry, he learned, but rather that they were disciplined and shy. Halvorsen emptied his pockets, and then he had an inspiration. "Be at the end of the runway just outside the field the next day," he told them, and as he came in for a landing, he'd drop them some more gum and candy.

That night, working with a labor of love, Halvorsen busily made little parachutes of handkerchiefs, and slung candy bars from them. Next day, as he came in over the runway, suddenly the kids waiting beneath saw a cloud of small white objects burst out of the plane and gradually float down to their eager hands. "Operation Little Vittles," had begun.

Word of Little Vittles spread among

his fellow pilots, then through the entire squadron and the base. I met Halvorsen and gave him my personal encouragement. Soon he had so much to drop that he had to call on other pilots for help. Journalists covering the Airlift heard about it and sent word of Operation Little Vittles back to America. It caught on, and Halvorsen was invited to make a quick trip back to the States for a personal appearance on the popular radio show "We the People."

The response from the millions of listeners to that program was fantastic. Halvorsen's unit, the Seventeenth Air Transport Squadron, was daily flooded with candy (and handkerchiefs for parachutes) by the generous American people, as well as from some candy manufactures, and Halvorsen and his buddies saw to it that it got in the proper hands—and stomachs.

Following Operation Little Vittles and the Berlin Airlift, Halvorsen went on to have a very successful career in the Air Force, retiring at the rank of colonel. He has since enjoyed public speaking in many forums. One such forum is the Airlift/Tanker Association, including engagements at the National Convention and Symposium.

Now we at Yokota have the opportunity to see Halvorsen and hear his story in person. He will speak at a dinner sponsored by Yokota's Shogun Chapter of the Airlift/Tanker Association at 6 p.m. June 16 at the Officer's Club.

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D-Day museum celebrates opening

By Senior Airman
Oshawn Jefferson
Air Force Print News

KELLY AIR FORCE BASE, Texas — World War II veterans will get some well deserved recognition as the Department of Defense helps celebrate the grand opening of the National D-Day Museum June 3-6 in New Orleans.

"It is my expectation that the defense department's participation in this event will help renew our national admiration for the heroism and sacrifice of America's veterans," said Secretary of Defense William S. Cohen.

The National D-Day Museum has been designed to tell the story of veterans who fought in one of the greatest wars of the 20th Century. It will honor the courage, optimism and teamwork of the men and women who won World War II, and promote the exploration and expression of these values for future generations.

"The National D-Day Museum will celebrate the American spirit. Young and old will come to learn of their proud heritage," said Stephen E. Ambrose, National D-Day Museum founder. "Since 1945, democracy and freedom have been on the march. Visitors will learn not just of what we have done. They will learn of what we can do. They will learn that we are still in this together."

Many events have been planned for the opening celebraion of the museum. Events a schelduled to include:

- A military parade featuring Army, Navy, Air Force, Marines Corps and Coast Guard units; that will include marching platoons, bands, vehicles and World War II veterans.

- An aerial review that will involve more than 30 military aircraft divided into 16 flyovers.

- An international naval port visit will include naval ships on the riverfront. The U.S. Navy's USS Deyo and French naval ship FS Ventose will moor at the Governor Nicholls wharf. The U.S. Coast Guard's cutters Resolute and Sweetgum will moor at Woldenberg River Front Park.

- A military band weekend that includes special performances by the bands from all over the armed forces.

The events are being organized by a joint interagency task force to honor World War II veterans and will be attended by Cohen, members of congress, allied defense ministers, foreign ambassadors and thousands of veterans.

AF participates in torch run

By Staff Sgt. Bob Pullen
36th Air Base Wing Public Affairs

ANDERSEN AIR FORCE BASE, Guam (AFPN) — One of the world's most recognized symbols of peace and goodwill, the Olympic Torch, came to Guam May 22 for the first leg of the largest torch relay in Olympic history.

The U.S. Air Force was well represented, Col. Rodney Gibson, 13th Air Force vice commander, was one of 100 runners chosen to carry the Olympic Flame on Guam.

"This is such a tremendous honor," Gibson said after his one-fourth mile segment was finished. "To be able to represent the men and women of Andersen, and the Air Force, in this Olympic Torch relay is truly another high point of my Air Force career."

The symbolic flame made its way to Guam via chartered aircraft from Mount Olympia, Greece where it was lit using a mirror and rays from the sun. Guam was the first stop for the torch, which will be carried through 13 oceanic countries on its way to Australia for the 2000 Olympics in September. In all, more than 12,000 runners will carry the flame during the Olympic Torch relay.

In deciding which 100 people would carry the torch on Guam, Richard Blas, the president of the Guam National Olympic Committee, said the decision to include the Air Force and Navy in the torch relay was an easy one.

"Out of the 100 runners today, 52 are school children from Guam," Blas said. "We wanted all of our schools to be represented here and it's a wonderful thing to see all these young people taking part."

Each one of the relay participants' gets to keep the torch he or she carried during the relay. However, Gibson said the torch he carried did not belong to him.



photo by Staff Sgt. Bob Pullen

Col. Rodney Gibson, 13th Air Force vice commander, runs a segment of the Olympic Torch relay along the streets of Guam May 22. Guam is the first stop for the Olympic Flame on its way through 13 oceanic countries and on to Australia.

"I wasn't here today running for myself," Gibson said. "The gracious invite for the Air Force to participate allowed me to represent all the Air Force members and their families who serve in the South Pacific and especially us here at Andersen.

The torch I carried belongs to them. So we are going to find a nice place to display this torch in the 13th Air Force headquarters building to serve as a reminder that the Air Force was included for this memorable occasion in Guam's history."

Service's childcare instructions change

By Danita Hunter
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. (AFPN) — The Air Force implemented new policies recently governing family child care to help parents ensure their children are being cared for in the best way possible.

The new instruction was published and became effective Nov. 1, 1999. However, bases were given until May 1 to implement the new procedures, which include giving providers a choice of which level of acceptable quality care they will offer. They will apply for a provisional, standard or developmental license.

Additionally, providers may choose to become accredited through the National Association for Family Child Care. It is also now possible for military families living off base and providing licensed care to become affiliated with the base program.

Under the old system, all providers received the same type of license and parents had to research potential providers to determine their levels of experience. With the new system, parents can look on a list provided by each base's family child care coordinator and know which type of license a provider holds.

"It gives parents an opportunity to make a more knowledgeable decision about where they're going to place their children," said Shannon Dauber, Air Mobility Command's child development and youth specialist. "As a parent, I can make a more informed decision about what kind of care my children will receive, what experience the provider has, etc."

The new system also provides the child care providers with some

choices. All new family childcare providers start with a provisional license, which may be upgraded after three months. Within two years, providers are required to upgrade to at least a developmental license. Providers may also choose to take the next step and become an accredited home.

"The types of licenses are a way of giving recognition to those who are going beyond the standard requirements, which are mostly health and safety type issues," she said. "For people who go beyond providing standard care to more developmental activities, it gives them an option to become recognized through different types of licenses. The Air Force encourages FCC providers to become accredited by NAFCC, which is similar to what we've done at the child development centers and the youth centers. It shows that they are doing more than just 'babysitting' in their homes.

New providers are issued a provisional three-month license. During this time, providers are discouraged from taking children on off-base field trips until they can demonstrate a higher level of competency, the number of children in their care is limited to four, and an experienced provider is assigned to each provider to act as a mentor. This allows new childcare providers to ease into the full responsibility given with a standard license while meeting the same health and safety requirements.

The Air Force chose to change the instructions to improve the quality in the homes, encourage providers to improve their quality of care, give providers a choice of which level of acceptable quality they are going to offer, and enable parents to select which level of care they want for their children.

Commander's Viewpoint

AEF's affect on Team Yokota

By Capt. Paul Swenson

374th Services Division

Expeditionary Aerospace Force...Air Expeditionary Force...what kind of affect does this have on Yokota? As the "Airlift Hub of the Asian Pacific," you'd think that AEF wouldn't make any difference since our planes have a significant in-place mission, right? Wrong!

Even though the flying units may not necessarily deploy as a lead AEF wing, Yokota people do deploy as part of AEFs.

As the commander of the services team getting ready to deploy to Southwest Asia, I can personally tell you all that AEFs have a big impact on operations at Yokota. In our unit, about half of the military are currently deployed in support of Operation

Southern Watch for the summer, and many of the few left behind are PCSing as well. The summer is building up to be very busy for Services, as well as the other units on base providing AEF support.

The home station mission doesn't stop for services...heck, it doesn't really slow down a bit either. We still provide the normal home-station support in all of our activities like the Samurai Café, fitness center, Kanto Lodge and others.

The big difference for us is the amount of people we have doing the job. Instead of four military people working in services readiness and mortuary affairs, we're down to one. The Samurai Café is cut from 23 military down to 14 for the summer.

What about the fitness center? We go from 11 military people to three. To help overcome these shortages, the base has authorized some civilian

overhires to help fill in the gap. (Many overhire positions must still be filled, for more information call the Civilian Personnel Office at 225-3921 or the Job Information Line at 225-3922.)

But you're not deploying, so why would this affect you? Well, if you use any one of these facilities, you'll notice the cut back on some of our hours and services.

We've shaved time from our open hours in the Samurai Café, as well as some weekend hours in the fitness center.

We ask that you support all the folks here at Yokota while their peers are deployed.

Long hours with fewer people have become the norm, and stress is added when AEFs deploy. With your support and understanding, we can keep things going both here and while deployed.

AF leaders are getting even younger

By Lt. Col. Thomas Breen

523rd Fighter Squadron commander

CANNON AIR FORCE BASE, N.M. (AFPN) — Twenty four years ago this June, I sat in a place called Arnold Hall at the Air Force Academy and listened to a man named Gen. Daniel "Chappie" James.

I'll never forget his words as this giant of a man looked down upon us. "You are the future leaders of the Air Force." I'll also never forget how stupid I thought that was. I looked around at 1,300 bald heads and wondered if everyone else was as afraid as I to leave their room to go to the latrine. How could any of us be the future leaders of anything?

I spent the next eight years really learning to follow. You have to be a good follower before you can be a good leader.

Four long years at the Academy and four more working my way up to become an A-10 flight "lead." Next thing I know, I'm leading an eight-ship (formation) into Germany from England and the weather was, as usual, very bad. For the first time, I was the guy out front making the tough calls.

I was also the guy who was going to "hang" if we ran out of gas or hit a mountain. I started to understand what the good general was talking about. The way I see it, it took me eight years to really be in a position of "leadership."

Since I became a squadron com-

mander, I think I understand this leadership idea a lot better. So I look around my squadron and try to figure out who the leaders are. Who are the guys out there motivating people to bust their hump to get a job done, making sure it is done right, and who do I hold accountable?

I first look to the people who are in leadership positions. These are the maintenance officer, operations officer, maintenance superintendent, flight commanders, flight chiefs, element chiefs, etc. All super individuals who have been around, have had some leadership training, and who you would expect to be considered leaders.

I know I have to look further. There is a lot more going on out there. I know the people training, motivating and setting the examples for all my followers are more than the people I have listed above. I know the seven minor miracles that happen every day to get a sortie in the air are not being done completely by these people. The problem is, I am out of leadership positions, and there is a lot more leadership going on.

I have a policy in my squadron — everyone who has to have a waiver to perform tasks above which they are qualified sits down with me and their supervisor, and I give them my philosophy speech. I tell them that in the "old days," airmen would never have dreamed of being waived. There would be 10 staff and

technical sergeants doing this job, and they were at least a year or two too young and inexperienced.

But times are different now, and I have to depend on them to pick up the slack. We have no more staffs and techs. So, before I "waive" them to this higher level, there have got to be some things made clear. They know when they leave my office they have the authority, responsibility and duty to do what is correct, regardless of their rank. They also know they will be held as accountable for the dereliction of that duty as if they were a noncommissioned officer.

One day during one of these interviews, I realized where the rest of my leaders are. They are two- and three-strippers who hadn't even been to leadership school! They are the guys who are doing just as I had on that snowy day in Germany. They are the ones now responsible for safe mission accomplishment.

My new entry-level leaders are my young airmen. If General James were alive today, he would be looking at these guys and saying, "You are leaders in the Air Force," I would be saying, "That's right, general, and they did it in only three years — it took me eight!"

The point is the balance has changed significantly in the past 10 years. We ask more of our airmen than we ever have in the past. We need airmen who understand

how to follow and want to pick up leadership roles quickly. We have no room for people who are not trying their hardest.

In many Air Force Specialty Codes, we face the same problems with lack of experience. We have hit rock bottom in a lot of areas, but the Air Force will continue to do its mission. We will always fly and fight, but we will eventually take the hit in lack of training for the guys who are taking the jets into combat. They will be less trained and less proficient if we cannot generate the training sorties required. That is where the ultimate price will be paid in jets not coming home from combat.

The people who are going to pull us through this time are not the generals and colonels. The NCOs will play an important part, but the ones who will put us back on top of our game are the airmen. They are the ones who have to step up to the plate and take over those leadership roles. They are the ones who have got to realize if they don't do it, there is no one else to do it for them, and their followers need to support them.

I know the price that will be paid if our airmen don't understand how important they have become in their leadership roles. In a fighter squadron, it could mean the loss of a jet or even a pilot.

Yet day after day, I see my maintainers rising to the challenge. I think my guys know these facts and understand what General James was talking about.

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Editorial content is edited, prepared and provided by the 374th Airlift Wing Public Affairs Office, Yokota Air Base, Japan.

All photographs used in the Fuji Flyer are official Air Force photographs, unless otherwise indicated.

All copy and other printed material is handled by the 374th Airlift Wing Public Affairs Office, building 315, Yokota Air Base, Japan. Mailing address: 374th AWW/PA, Unit 5078, APO AP 96328-5078. Phone: 225-7338. Fax: 225-4867. E-mail: fuji.flyer@yokota.af.mil.

**DEADLINE**

The Fuji Flyer deadline is 4:15 p.m. nine days (Wednesday) before the publication date (Friday). On weekends and holidays the deadline is the Tuesday before.

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Yokota's DUI Program

Units having DUI arrests (May 24-30)

— 374th Comptroller Squadron

"DUI Free" streak: 2 days (as of May 29)



Yokota's punishments for drinking and driving:

.05-.07 BAC = 14 days walking and 6 points

.08-.09 BAC = 90 days walking and 6 points

.10 and above = 365 days walking and 6 points

DUI running totals: May — 3; year to date — 28

Call 225-RIDE

The castles of Japan

lifelines into the land of the rising sun's feudal history



Several hundred years ago, this tiny, heavily populated island we live on was run by feudal lords. These warlords ruled over large portions of the land and defended it with their respective clans.

Over the years this feudal system gradually disappeared, giving way to new traditions and technologies.

The stories of great samurai battles today are nothing more than a picture on the wall or a story told from grandfather to grandchild.

Nearly all remnants of this era have disappeared with the exception of several castles which have remarkable enough withstood the test of time.

These castles are not the common brick and stone European castles one normally thinks of when the word is mentioned. Due to frequent earthquakes this building method was not feasible. Instead, massive timber frame buildings were built upon stone sheathed earthen bases.

These structures, some standing as many as six stories high, give off a feeling of strength and elegance due to this material combination.

Hundreds of castles littered the countryside back in the

—story and photo by—
Senior Airman Matt Miller
Fuji Flyer Editor

feudal days, but once again time took its toll. At the end of the feudal period, in the late 1860s, roughly 140 castles were still standing. Today, this number has fallen to 12. A measly dozen national landmarks that let the Japanese people reminisce of the feudal ways.

Taking a tour through any one of these architectural wonders leaves the visitor in awe over its size and bewildered by its beauty.

The sweeping rooflines, gables and leaping dolphins present a picture of refinement to what is in reality a military installation. That's right, equitable to today's high tech bulwark only by function, these fortified centers of operations were the crown jewel of any lord's reign.

The defense of this fort was accomplished through many devices.

The Tenshu is the symbolic focal point of any Japanese castle. It is this Tenshu which people normally think of due to most photographer's propensity to capture this pictur-

esque pinnacle. Normally located at the center of the grounds, it served as the castle's command post. It is also a symbol of the castle lord's strength and is heavily fortified.

And what better place to keep the weapons storage area than the Tenshu. Swords, arrows, axes and more were kept behind the massive walls giving the defenders one last means of defense before being overrun.

A common site surrounding the dwelling area doubled as an added method of security – the dingy, murky looms of the castle's moat.

Today, this home to many species of waterfowl still leaves an impression of insurmountability for those who imagine themselves fighting their way in.

The aggressors would not only have to cross the water barrier, but also face a steep wall that was usually guarded making the attackers an easy target.

The surrounding castle

towns also served more than just an economic center of prosperity. They were the first line of defense.

The roads surrounding it were a maze of dead ends, "T"-junctions and narrow winding streets – some which still baffle travelers today.

Some castle towns, in addition to the aforementioned maze, had one large avenue that led directly to the main gate of the castle. Any attacking force who dared to tempt this lane would find itself in the most heavily fortified part of the city.

Yet while opposing factions rarely dared to make takeover attempts, visitors today can help keep the castle's life going with their presence.

Several of these historical treasures are no more than a short drive, train or bus ride away. Odawara-jo, Inuyama-jo, Nagoya-jo, Nijo-jo, Okayama-jo and Matsumoto-jo (background photo) are just a few. Directions can be found in the Officer's Spouses Club's *Travel Log*, the Yujo Community Center or by luck. Which ever way, they are sights one should not miss during their stay in Japan.



Structural maintenance at its best

—photos by—
Master Sgt. Val Gempis
Air Force Print News

Responsible for the structural repair and corrosion/prevention treatment of local C-130 and C-9 aircraft, Yokota's Structural Maintenance Element also provides support for more than 200 transient C-5, C-141, KC-10, KC-135 and C-17 aircraft. A section of the 374th Maintenance Squadron, the element is also responsible for the local manufacture support for the maintenance complex, as well as virtually every unit assigned here.

Top, Staff Sgt. Myron Addison uses a power band saw cutting an aluminum extrusion. The aluminum extrusion will be used to repair a cracked crew entry door longeron of a C-130 aircraft.

Left, Tech. Sgt. Ronald Peck uses a 3X rivet gun while installing solid rivets on a cracked main landing gear wheel well mudguard panel of a C-130 aircraft.

Right, Airman 1st Class Mark Blanchette inspects his work after using a foot shear piece of equipment.



Advertisement

LOST

Keys — On Coach and AK ring, lost at the O’Club May 4 during 374th Operations Support Squadron change of command. 227-8429.(2)

HELP WANTED

Administrative Asst. — Self motivated, duties include: general office management, budget, payroll, reports, support to health and safety programs, emergency communications and casework. Customer service skills, communications and computer skills, Assoc. degree or equivalent knowlledge and work experience preferred. Closing date: June 6. Bldg. 4018. 225-7522.(1)

English teacher — For all-girl Japanese high school, Monday - Thursday, 260, 000 yen a month, beginning Sept. 4. 227-4629.(1)

Sales representative — Person for established position providing sales, service and support to Yokota and Yokosuka military exchanges. Experience in exchange resale a plus. Mail or fax resume and salary requirements to: Mark Douglass, Johnson/Kealy Co., 3627A McCorriston St., Honolulu, HI 96815, (808)735-3158.(2)

District manager — Person for established position providing sales, service and support to the military exchanges in Japan. Experience in exchange resale a plus. Mail or fax resume to: Mark Douglass, Johnson/Kealy Co., 3627A McCorriston St., Honolulu, HI 96815, (808)735-3158.(2)

WANTED

Interpreter — Volunteer, Tanabata dance classes, Thursday evenings, 7 - 8:30 p.m. 227-3035.(1)

Awning — For an East Side three bedroom garden house. 227-5041.(1)

Language tutor — To learn Italian. 227-4031.(2)

Dog or puppy — Small to medium. 227-4108.(2)

PETS

Cat — Free, friendly cat , 2-years-old, spayed, declawed, shots and micro-chipped, Tiger coloring named Tora. 227-8550.(1)

Dog — Rottweiler puppies, 2 males, 4 females available, female American Kennel Club registered, male not AKC but huge. 227-4523.(1)

Housecats — Two, loveable, one is white with green eyes, other is calico and declawed, both are fixed. 227-4175.(2)

Cat — Free to a good home, three years old, all shots current, neutered, microchipped, very playful and affectionate, all cat amenities included. 227-2747.(2)

Cat — Free, black and white male, to a good home, neutered, all shots, a big purr with travel case. 553-7542.(2)

Cat — Free to good home, small adult grey, female, spayed, all shots current, no front claws, microchipped, with soft sided pet carrier. 227-6741.(2)

HOME

FSBO Albuquerque, N.M., 25 minutes from Kirtland AFB, 2,600+ sq. feet, 5 bedrooms, 3 baths, formal everything, quiet golf course community, 2 years old, \$215,000, pictures available. Email AwesomeGod1@msn.com.(1)

SALE

PCS sale — Great deals, Saturday, 8 a.m to 2 p.m., 1043A North Side, electronics, furniture, curtains, English books, bicycle. 227-8255.(1)

PCS sale — Saturday, 4518A, furniture items, clothes, outdoor items, everything that is left. 227-4994.(1)

Yard sale — Saturday, lots of clothes, toys, electronics, baby items and more, 3289A, west side.(1)

FOR SALE

Awning — For East Side three bedroom house, excellent condition, \$200. 227-9092.(1)

Bunk beds — One month old, new mattresses, sheets, and curtains, \$500, more items for bed as well. 227-3358.(1)

Baby items — Solid oak sleigh crib, excellent condition with mattress, baby clothes, toys, storage rack. 227-3510.(1)

Carpet — 50 cm x 50 cm squares (approx.150), gray, enough to cover living room, hallway, stairs and landing of 3 bedroom Eastside garden, less than 1 year old, \$1.75 per square OBO. 227-3510.(1)

Computer — Compaq 2000, 225 MHZ, 4GB hard drive, 56K modem, CD-Rom, Windows 98, Office 2000, keyboard, mouse, and many others, \$450 OBO. 227-3031.(1)

Dousport bike — Trailer/stroller, excellent con-

To submit an ad, e-mail: fuji.flyer@yokota.af.mil or drop off at the 374th Airlift Wing Public Affairs Office (Bldg. 315). Advertisements must be for one-time sales only, 25 words or less and include a name and home phone number. No more than two ads per family, per week. Ads will run for one week, possibly longer space permitting.

dition, used less than one year, \$75 OBO. 227-3072.(1)

Miscellaneous — Sofe table, \$40; dining table, \$200; bathroom spacesaver, \$15; corner shelves, \$5; planters, houseplants, and more. 263-7670.(1)

Fence — 60’, complete with posts, rails, boards, two gates and 30 extra 6” boards, \$650. 227-2342.(1)

A/Cs — Two 8,000 BTU/110V, \$50 each; two 10,000 BTU/110V, \$60 each; one 12,000 BTU/110V, \$75; one 18,000 BTU/230V, \$100; all four years old and clean. 227-2342.(1)

Kitchen table — Round, 48”, with self-storing leaf, four matching chairs, solid oak with inlaid tile top, excellent condition, \$250.227-2590.(1)

PCSing — A/C, 8,000 BTU \$50; A/C, 8,000 BTU, \$35; mini-blinds, two, 30”x64”, \$15 each; rod and drapes for sliding back door, still mounted, need help removing, \$35. 227-7797 before June 12.(1)

Bridal ring set — Two piece, 14kt yelow gold, .35 total weight, Sandberg and Sikorski Jewelers, \$600 OBO. 227-3481.(1)

TV — GE, 19”, out of date but good picture, universal remote included, \$75. 042-554-4285.(1)

Computer — Pentium II 400 mhz, 64MB RAM, 13.6 Gig hard drive, TNT 3D video card, Yamaha sound card, 56K modem, 50 speed CD ROM, Linksys network adapter 10/100 base T, 17” monitor, keyboard and mouse with Windows ’98 SE, excellent condition, internet ready, \$900 OBO. 227-2439.(1)

Entertainment center — With side libraries, fits 27” TV, lighted, glass doors, 74”x78”; libraries have three shelves, two doors, 29”x77”, \$150. 227-8907.(1)

Coffee table — Light wood top, dark green legs, one small drawer, 46”x27”, excellent condition, \$35. 227-8907.(1)

Rings — Wedding ring wraps, one .25kt total weight diamonds, 14kt gold, fits up to .75kt solitaire; one two-stoned emerald with .25kt row of diamonds, 14kt gold, fits up to .5kt solitaire; both sixe 7, \$350 each OBO. 227-3323.(1)

Remote control airplane — built, covered and ready to fly, with servos installed, includes two .46 OS engines, gallon of fuel, battery pack and many extras, \$175 OBO. 227-3323.(1)

Mountain bike — Diamondback Topanga, 18”, Dhimano drive train, all cromoly steel, recently tuned and trued, \$125. 227-4856.(1)

Miscellaneous — Awning, \$150; fence, for three bedroom garden, \$200; green carpet, living, dining and stairs, all \$150; queen bed, \$150; wood entertainment center, \$15. 227-3500.(1)

Entertainment centers — Two, \$25 each; chest of drawers, \$20; sports cards, any 30 for \$1. 227-4994.(1)

Fence — 147 feet, and awning, \$1,500, available July 1. 227-9611.(1)

Nintendo 64 — Three games, two controllers, rarely used, great condition, very cheap. 225-6838 or 225-9139.(2)

A/Cs — Three, two 18,000 BTU, one 8,000 BTU, \$525 OBO; miscellaneous garden items. 227-9520.(2)

A/Cs — Four. 227-4742.(2)

Cages — Large bird cage, wooden, also good for snakes or iguanas, \$200 OBO; aquarium, 20 gallon, for snakes or small mammals, \$20; small wire cage for hamsters, \$15; many small containers, \$10. 227-9695.(2)

Electronics — Cable perfect TV, Panasonic digital tuner with remote, \$150. 0425-37-4880.(2)

Video adapter — Snazzi digital adapter by Dazzle Multimedia, \$150 OBO, internal PCI card with built in MPEG-1 encoder/decoder, S-video and stereo RCA inputs and outputs. 225-2373 or e-mail alqueza@bigfoot.com.(2)

Sports cards — Selling entire collection, baseball, football, basketball, rookies, stars and inserts. 225-3800 or e-mail labdon@yta.attmil.ne.jp.(2)

Beanie babies — More than 200 different ones, retired and current. 227-3704.(2)

A/Cs — Three units, small, medium and large, all three for \$400. 227-2909.(2)

Dress blue coat — Men’s, like brand new, worn only a few times, size 39 regular, \$50. 227-4227.(2)

Tires and rims — 16” rims for Nissan or Mazda RX7, four or five lug, \$300; four 16” tires, \$100; four low rider rims with tires, 175/50/13, \$450. wittasek@yta.attmil.ne.jp.(2)

Waterbed — King size, solid oak, canopy top and mirrors, headboard with mirrors, chest and lights, \$1,000 OBO. 227-9846.(2)

A/Cs — Four, 16,000 BTU, 12,000 BTU, 8,000 BTU and 5,000 BTU, all in excellent condition. 225-9264.(2)

Sony Playstation — Like new, with dual analog rumble controller, extra controller, memory card, Metal Gear Solid, Pitfall 3D, Resident Evil 2, Jersey Devil, \$135. 227-4554.(2)

Baby items — Vibrating bouncer, Johnny Jumper, windup swing, \$20 each; Medela breast pump, still in package, manual and electric pumping, \$30. 227-3434.(2)

Bikes — Little Tykes tricycle, \$25; ProForm 775S exercise bike, silent, brand new, only used twice, \$130. 227-3434.(2)

Lawnmower — Runs great, \$60, gas container included. 227-4067.(2)

Fence — 147’ with awning for three-bedroom garden unit, two years old, available July 1, \$1,500. 227-9611.(2)

Star Wars figures — 30 unpackaged original figures from 1977 to 1985, R2-D2, Anakin, Emperor, Darth Vader and more, \$500 OBO. 227-8904.(2)

Shoes — Vans, new, men’s size nine, grey suede. 227-8904.(2)

Stereo equipment — Denon receiver, \$200; Denon double cassette deck, \$75; Definitive loudspeakers, \$250 for pair; Definitive center speaker, \$75; Definitive rear speakers, \$100 for pair. 227-2764.(2)

AUTOMOBILES

1991 Honda — Accord, new tires, runs perfect, cass, \$2,250 OBO. 227-3500.(1)

1989 Toyota — High Ace, seats eight, runs good, very clean, cass, double sun roofs, \$1,800 OBO. 227-3500.(1)

1985 Toyota — Town Ace, JCI until April 2002, runs great, \$1,500. 227-4742.(1)

1990 Toyota — Exiv, power everything, JCI until Oct. 2001, runs great, available in June, \$1,800. 227-2747.(1)

1984 Nissan — Van, automatic with A/C and new tires, JCI until Dec. 2001, dependable transportation, \$500. 227-9632.(1)

1988 Toyota — Camry, prominent, six cylinder, loaded, great condition, JCI until Sept. 2001, \$1,600. 227-9171.(1)

1989 Corona — EX Salon, 43,000km, like new, JCI until Nov. 2000, \$1,250. 227-9171.(1)

1992 Nissan — Bluebird, four-door sedan, limited edition, silver, power everything, has JCI, super clean, 17,000 km, a must see, \$3,300 OBO. 227-4070.(1)

1990 Mitsubishi — Lancer, JCI until Dec. 2001, very reliable, \$1,000 OBO. 227-4555.(1)

1992 Toyota — Camry, A/C, AM/FM, tinted windows, dark green, JCI until June 2001, \$3,500 OBO. 227-8762.(1)

1990 Toyota — Camry, white, four-door, automatic locks and windows, great A/C, very reliable, JCI until Jan. 2001, \$2,000 OBO. 227-8454.(1)

1986 Toyota — Master Ace van, very reliable, JCI until Sept. 2001, \$1,000 OBO. 227-8454.(1)

1987 Toyota — Carina, JCI until Sept. 2000, \$600 OBO. 227-4994.(1)

1989 Toyota — Corolla, JCI until Feb, 2002,

\$800 firm. 227-4994.(1)

1990 Honda — Inspire, includes wheels, tires, air filter, exhaust, lowered springs, autostart and new paint job, other optional accessories includes a sound system with boxed woofer, JCI until July 2001, \$4,500 OBO. 227-9192.(2)

1990 Nissan — Pulsar, low mileage, well maintained, automatic, A/C, power windows, locks, mirrors, \$1,600. 227-3958.(2)

1992 Toyota — Camry 2.0ZX, dark green, 4-door, air, tinted windows, AM/FM, low mileage, JCI until June 2001, \$3,500. 227-8762.(2)

1989 Toyota — Exiv, 4-door, A/C, good condition, recent tune up, JCI until Oct. 2000, \$1,500. 042-530-5440.(2)

1967 Volkswagon — Beetle, needs some work and base inspection, \$3,000. 227-9547.(2)

1988 Toyota — Soarer 2000GT Twin Turbo, 33,000km, dark grey metallic, automatic, digital dashboard, full aero-parts, power steering and windows, excellent condition, \$2,950. 227-4277.(2)

1989 Toyota — Vista, white, JCI until Dec. 2000, road tax paid, automatic, all power, second owner, great condition, \$1,900. 227-4730.(2)

1995 Nissan — March, like new, automatic, cass, power windows and door locks, JCI until Oct. 2000, fun to drive, easy to park, \$3,000 OBO. 559-9126.(2)

1992 Nissan — Sunny, A/C, automatic, power windows, locks, mirrors, cass, full spare tire, JCI until June 2001. 227-5138.(2)

1989 Nissan — Cefiro, burgundy, 4-door, power windows and locks, cass, runs great, JCI until Oct. 2000, \$2,300 OBO. 227-4981.(2)

1987 Toyota — Master Ace Grand Saloon van, JCI until May 2002, mint condition, automatic, A/C, cass, loaded with sunroof, extras, well maintained, \$2,800 OBO. 227-5930.(2)

1997 Motorcycle — KX 125, includes Pro Circuit spare set of front forks, Dunlop tires, race stand, and many extras, new graphics kit and Renthal handle bars, in perfect condition, \$1,700. 227-9687.(2)

1984 Nissan — Vanette, has road tax, needs little work to pass inspection and JCI, \$500. 227-9725.(2)

1989 Honda — Accord, PS/PW, A/C and heat, automatic, JCI until March 2002, \$1,400 OBO. 227-3014.(2)

1988 Nissan — Skyline, PS/PW, A/C and heat, five-speed manual transmission, JCI until Feb. 2001, \$1,000 OBO. 227-3014.(2)

1991 Toyota — Town Ace limited van, automatic, well maintained, excellent condition, dual A/C/heat with climate controls, pop up sunroof in front and electric moon roof in back, split 50/50 rear, bench seats, four captain chairs, AM/FM/cass with remote, \$4,000 OBO. 03-5561-0465 after 6 p.m.(2)

1987 Toyota — Hilux surf, runs great, good condition, JCI until May 2002, \$3,000 OBO. 227-9520.(2)

1990 Toyota — Corolla, automatic, CD, A/C, JCI until Sept. 2001, \$1,600. 227-5213.(2)

1990 Toyota — Camry, white, 4-door, power locks and windows, great A/C, very reliable, JCI until Jan. 2001, \$2,000 OBO. 227-8454.(2)

1990 Toyota — Corona, black, JCI until Aug. 2001, power everything, ABS, 4WD, two powered amps, subwoofer, CD changer, EQ Flip phone included, \$2,900 firm. 227-7647.(2)

1985 Toyota — Town Ace van, JCI until April 2002, runs great, \$1,500. 227-4742.(2)

1988 Toyota — Town Ace, front and rear A/C, serviced in 1999, new rear brakes, regular maintenance and servicing, JCI until June 2001, \$2,500. 227-9365.(2)

Advertisement

Movie schedule

Today – *My Dog Skip*, PG, 6:30 p.m.; *Battlefield Earth*, PG-13, 9 p.m.
Saturday – *Next Best Thing*, PG-13, 6:30 p.m.; *Battlefield Earth*, PG-13, 9 p.m.
Sunday – *My Dog Skip*, PG, 2 p.m.; *Battlefield Earth*, PG-13, 7 p.m.
Monday – *Next Best Thing*, PG-13, 7 p.m.
Tuesday – *Final Destination*, R, 7 p.m.
Wednesday – *Final Destination*, R, 7 p.m.
Thursday – *Shanghai Moon*, PG-13, 7 p.m.

YTV (Channel 18)

Welcome to Yokota – Mondays at 8 a.m.
Air Force News – Mondays through Saturdays at 3 p.m.
Eye on Services – Mondays through Saturdays at 6:30 p.m.

Yokota Insight

Col. Mark Zamzow, 374th Airlift Wing commander, is looking for ideas and comments concerning his new television show — Yokota Insight. This monthly show on AFN Pacific highlights current Yokota topics, units and troops. E-mail ideas and comments to 374aw.insight@yokota.af.mil.

ADD support group

There will be an ADD Parent Support Group meeting beginning at 6:30 p.m. June 15 at the base library. For more information, call 225-5503.

Enlisted spouse's club

The next Enlisted Spouse's Club meeting begins at 6:30 p.m. June 12 in the Family Support Center Auditorium. For more information, call Mycki Voyce at 227-4435 or Arlethea Goden at 227-4164.

Stripes survey

The Pacific Stars and Stripes newspaper will hold a survey discussion group from 10:30 to 11:45 a.m. Tuesday in the 5th Air Forces conference room of Bldg. 714. Those who participate should be able to tell what they like and dislike about the paper, how they can improve upon it and way you would like to see. To attend, call Yolanda Rosamont at 225-4148 or 225-3635.

YHS events

Yokota High School will hold a Baccalaureate service at 7 p.m. Sunday in the West Chapel. They will also hold their

graduation ceremony at 6:30 p.m. June 9 in the Fussa Hall. Everyone is welcome to attend.

School dedication

There will be a ceremony to dedicate the new DoDDs middle school June 13 at 3 p.m. in front of the school. The entire community is invited.

Summer flowers

Yokota Hardware is now taking requests from housing residents for summer flower and gardening supplies. Visit Yokota Hardware from 7:30 a.m. to 6:30 p.m. Monday through Friday or from 8 a.m. to 1:30 p.m. Saturday for service. This program is on a first come first serve basis. For more information, call Yokota Hardware at 225-7086.

Tax center closure

The base's tax center will be closed Monday to June 9. For more information, call Veronica McQueen at 225-4926 or the legal office at 225-8118.

Job fair

Yokosuka Naval Base is hosting a job fair June 29 and 30. More than 20 companies looking for people with military experience will participate. On-base billeting for space available visitors will be in short supply or non-existent. Transportation will be provided June 29 for interested Yokotans. For more information, call the Family Support Center at 225-8725.

Boy's and Girl's club

The Yokota Boy's and Girl's Club will hold the following events during June:
—Cheerleading and flag football registration for ages 5 to 15 from 11 a.m. to 7 p.m. Monday through June 30 at the Youth Center.
—Cheerleading and flag football coaches certification from 8 a.m. to noon July 15 at the Youth Center.
—Soccer skills evaluation from 5 to 7 p.m. Aug. 29 for 9 and 10 year olds, Aug. 30 for 11 and 12 year olds and Aug. 31 for 13 through 15 year olds. All evaluations will be at Tachi Field.
For more information, call the Youth Center at 225-7441.

Family advocacy classes

Family Advocacy is offering the following classes during June:
Wednesday — Anger management from 1 to 2:30 p.m.

Above & Beyond

Who: *Capt. Daniel Warnock*
Reason: As a litigator with the 374th Airlift Wing Legal Office, Warnock was handpicked to assume the duties as Yokota's Area Defense Counsel. Aside from being a seasoned and experienced litigator with an impressive record, Warnock manages an annual \$200,000 claims budget while supervising four paralegals and a civilian employee. He has overseen the processing of hundreds of household goods and tort claims and ensured valid claims were paid promptly. Warnock also spent a great deal of his personal time providing tax assistance to the Yokota Tax Center.



Thursday — Fostering fatherhood from 9 a.m. to noon; Successful separate parenting from 12:30 to 2:30 p.m.
June 9 — Successful separate parenting from 12:30 to 2:30 p.m.
June 14 — Anger management from 1 to 2:30 p.m.
June 15 — Ready set parent from 9 a.m. to 12:30 p.m.
June 20 — Common sense parenting from 9 to 11 a.m.
June 22 — Baby care basics from 9 a.m. to 12:30 p.m.
June 27 — Common sense parenting from 9 to 11 a.m.
June 28 — Anger management from 1 to 2:30 p.m.
All classes are held at Bldg. 1562 in the Family Advocacy conference room. To sign up for the classes, call 225-3648.

Religious educator

Yokota's base chapel is looking for a Protestant Religious Education Coordinator for the 2000-2001 school year. Individuals interested need to have knowledge of and experience in teaching religious education. Interested individuals need to pick up a statement of work with the job description from the West Chapel Support Office. Applicants should submit a resume

and sealed bid to the West Chapel Support Office no later than June 19. For more information, call the West Chapel at 225-7009.

Instructor needed

The Family Support Center needs an instructor for the Buying and Selling a Home seminar which assists people leaving Yokota and returning to the U.S. Contact the Family Support Center at 225-8725.

Bilingual volunteers

People with language skills in Thai, Korean, Tagalog, Chinese, Japanese or Spanish could help the Family Support Center with special events and emergencies. For more information, call 225-8725.

Telephone Directory

To make changes and updates to the 2000 telephone directory contact 374th Communications Squadron Customer Service at 225-7922.

Tour de Tama

Outdoor recreation is looking for volunteers for Tour de Tama VII. Interested people should call Outdoor Recreation at 225-4552.

Weight management tip

As a reminder, all individuals receiving official notification of PCS must be weighed. A follow-up weight measurement will also be taken 60 days prior to departing Yokota. For more information, call 225-7465.

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BETWEEN THE LINES

“Gentlemen, I have nothing to say.
Any questions.”

— Phil Watson
Professional hockey player
during a press conference

Supply gets serious with new standards

By Senior Airman Matt Miller
Fuji Flyer Editor

In response to the Air Force’s new, more physical fitness test, a group of more than 30 members from the 374th Supply Squadron gathered near the north overrun running track to get an idea of where they are in relation to the new standards May 26.

Rather than waiting for the test to come to them, the supply members did as many push-ups and sit-ups as they could in two minutes before running a mile and a half stretch of the overrun.

“With the UCI coming up, a lot of people have been working very hard and are under a lot of stress. We felt that this was a way to get out of the office, enjoy a great day, get an appreciation of where we are in relation to the new standards and build a little unit morale,” said Maj. Mark Johnson, 374th Supply Squadron commander.

In addition to performing the new tests, the top performances in each test were awarded prizes for their achievement.

“This is not a substitute for their regular workouts, but it was something we could do together as a unit and have a little fun in the process,” said Johnson.

According to Johnson, supply will try to hold a similar event every other month or so.



Top, Maj. Mark Johnson, 374th Supply Squadron commander, shows his push-up abilities during the unit’s first fitness outing May 26. Far left, Staff Sgt. Kirt Hooten eeks out a couple more sit-ups before the two-minute time limit. The new sit-up standard didn’t even phase Hooten as he was able to successfully complete 69. Left, the unit then took to the track for a mile and a half run after completing their push-ups and sit-ups.

photos by Senior Airman Matt Miller

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